Journaling Questions: Developing the Inner Mother

You may wish to explore these questions slowly, over time.

There is no need to answer them all at once.

1. Exploring the Mother Experience

- When I think of my mother, what emotions arise first?
- What did my mother give me consistently?
- What did I need from her that I did not receive?
- Which aspects of her femininity influenced me most?

2. Identifying the Mother Wound

- In which situations do I feel most emotionally alone?
- When do I struggle to receive care or support?
- What patterns in my relationships resemble my relationship with my mother?
- What do I still long for from her?

3. Naming My Unmet Needs

- As a child, when did I most need comfort or protection?
- What kind of reassurance would I have needed then?
- Which qualities of a nurturing mother feel most important to me now?

4. Meeting the Inner Mother

- If my inner mother could speak to me today, what would she say?
- How does her voice feel different from my inner critic?
- What does she want me to slow down or pay attention to?

5. Embodying the Inner Mother

- How can I care for my body in a more maternal way?
- Where do I need stronger boundaries?
- What would “gentle discipline” look like in my daily life?
- How can I offer myself reassurance when I feel overwhelmed?

6. Integration

- In what moments have I already acted as my own inner mother?
- How has my relationship with myself changed over time?
- What kind of woman am I becoming as I heal this wound?